



TRINITY TOPICS

The Newsletter of Trinity Episcopal Church

POTTSVILLE, PENNSYLVANIA

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March/April 2017

Dear People of God at Trinity,

We have been loved, supported, and encouraged by your acceptance of our lay leaders. We are sharing an edited version of a longer article that demonstrates that we are a part of a growing trend in today's churches. We recently read an article about the Episcopal churches in the Susquehanna Convocation of the Episcopal Diocese of Central Pennsylvania, where, because of lack of clergy, they are collaborating to "sustain holy work" as we are, by working together here in Schuylkill County. We all are growing in trust and mutual admiration in order to promote "living, loving and sharing in the name of Jesus Christ."

With gratitude,
Your Vestry

AMERICA'S NEW MINISTERS

G. Jeffrey MacDonald

Christian Science Monitor

February 6, 2017

Christ Episcopal Church in Bethel, VT is tapping the preaching talents of members of its congregation because, like thousands of churches that have had to slash costs in recent years, it has done away with full-time clergy. Christ Church has no paid staff. Its priest, the Rev. Shelie Richardson, is an insurance agent who got ordained in order to serve her home church as a part-time volunteer cleric. In addition to celebrating the Eucharist (the Lord's Supper) regularly, Ms. Richardson preaches several times a year, but isn't expected to bear the duty alone. That's for the congregation to do together.

"It's up to us to keep the church alive. In some ways, it's more alive because every member is active."

Continued on page 2

Trinity Church's Mission Statement

"Living loving, sharing in the name of Jesus Christ"

Vision Statement

"Honoring the past as we build a strong foundation for the future, while sharing our Christian faith through service to the community."

What's emerging at Christ Church is an example of a quiet but revolutionary shift under way in American mainline Protestantism. Across the country, hundreds of long-established congregations are finding new roles for laypeople as the churches undergo a fundamental change from full-time to part-time clergy. In many cases, the members of the flock never saw themselves as shepherds. But they are now stepping up to save their churches from closure – and to take a personal risk for the Gospel. The trend is helping to redefine what it means to be a parishioner and a pastor in a Protestant movement that encompasses 36 million members in the United States.

“It's people saying, ‘we need to take ownership of this if the church is going to continue to serve people and be a worshipping community,’ ” says Doug Dunlap, co-director of the Small Church Story Project, which collects tales of tiny Maine congregations without full-time pastors.

The implications are far-reaching. The move is not only changing how churches operate, it is altering traditional rules and practices, including who delivers what's most valued in religious life. Laypeople now carry out ministerial duties formerly associated with clergy, from pastoral care and evangelism to distributing sacraments. What had been the full-time cleric's realm of authority and influence is increasingly spread across an entire congregation.

The shift is also helping the faithful find meaning in new roles. Some say it is bringing worship closer to an ideal that was envisioned a half-century ago. In northern Michigan, none of the Episcopal Church's 24 congregations has a full-time priest. Financial pressure is the main force behind the change. To afford a full-time pastor, a congregation generally needs at least 130 attendees on an average weekend. But 80 percent of American congregations now have attendance below that threshold.

When budgets shrink, churches sometimes find new revenue by selling buildings and relocating to rented space, which lets them keep a full-time pastor on the payroll. But when the congregation won't part with real estate, the paid pastorate often scales back to three-quarter, half-time, or even quarter part-time work.

If laypeople don't then step in to fill the void, by helping with such things as leading prayers and delivering sermons, churches often continue to decline and eventually close. Indeed, if more congregants don't get involved as spiritual leaders, thousands of America's oldest churches could be shuttered in the future.

Yet when churchgoers do embrace pastoral duties, their churches often experience new vitality, adding ministries, boosting engagement, and sometimes drawing more people.

If any area remains largely reserved for clergy, it's the sacraments: what are considered outward and visible signs of God's grace, which the faithful receive in rituals traditionally led by pastors who are either licensed or ordained. But laypeople are increasingly involved with this ministry, too.

At St. Timothy's Episcopal Church in Henderson, Nev., laypeople lead funeral services and preside at two weekday Eucharist services, where they serve bread and wine previously consecrated by their part-time priest. In Fair Haven, Vt., laity from St. Luke's Episcopal Church no longer wait for a priest to administer the sacrament of unction (last rites) because they don't have a priest. Instead they do it themselves, using holy oil that's been consecrated by their bishop.

Historians see the part-time model as one with deep roots in Christianity – and ripe for a revival. They note how the apostle Paul took no salary from the churches he founded and instead made tents for a living. Throughout the Middle Ages, clergy shared no common occupation. Some lived as monks in monasteries. Others worked as teachers, lawyers, administrators, and civil servants.

“It became a theological ideal that *every* Christian is equipped, set aside, set apart by his or her baptism for ministry in the world,” says E. Brook Holifield, professor emeritus of American church history at Emory University.

In the end, while churches with part-time clergy are not for everyone, they do occupy a growing place in American religion – helping some congregations revive and bringing new diversity to the dais.

To read the article in its entirety, please go to:

<http://www.csmonitor.com/USA/Society/2017/0206/America-s-new-ministers>



THE OTHER: WHO IS MY NEIGHBOR?

Lenten Study
Thursdays 11AM
Beginning March 2
Trinity Episcopal Church Lounge
2nd and Howard Ave
Pottsville

An exploration of the Christian Faith and an introduction to other faith traditions.



Sessions will run from March 2 to April 6 inclusive. It is not necessary to attend each session but new information will be discussed each Thursday. Please call the Trinity Office at 570-622-8720 with any questions.



TRINITY CANDY SALE

March 5th to April 9th



Enjoy homemade Peanut Butter eggs dipped in milk chocolate or Coconut Crème eggs dipped in dark chocolate. Cost is \$11.00 per pound or \$5.50 half pound. Last day to pick up candy will be April 9th.

Peanut Butter eggs _____ pound boxes or _____ half pound boxes

Coconut Crème eggs _____ pound boxes or _____ half pound boxes

½ Peanut Butter & ½ Coconut Crème _____ pound boxes

Name _____ Phone # _____

Please complete order form and place in collection plate or give to Carla Kauffman. Thank you.

LAY EUCHARISTIC MINISTER NEWS

We will begin our visits again in March. Our list is growing and we hope to reach everyone as much as possible. As always, if you have a need to have a visit for Communion, please call Kathy Burda at the office and she will contact an LEM to visit you or a family member.

CALLING ALL TRINITY ARTISTS

In conjunction with our March 26, 2017 concert, it's time for another Art Exhibit which people can enjoy during the reception. Please share your inspirations with us and if you have any friends who are artists, invite them to share some of their work as well.

The deadline for bringing your work to the church will be Friday, March 17, 2017. God bless you for using your gifts and sharing them.

SUNDAY SCHOOL NEWS

We are pleased to report that our first donation from the Pennies for the People collection to the local homeless shelter will be in the amount of \$108.00. Thank you to all who have donated your spare change to make a difference to others who are less fortunate than ourselves.

April 15 is Easter Eve. The Great Easter Vigil will be held at 7:00p.m. The annual egg hunt will precede the service at 6:15 in the undercroft along with light refreshments. Please bring your own basket/bag. Sign-up sheets to participate in the hunt and for food and filled plastic egg donations will be placed in the church prior to the event.

There will be NO SUNDAY SCHOOL on April 16, Easter Day.



The Sunday School Children delivered many bags of goodies to the local hospitals for children who are hospitalized.



Family Game Night

The youth group will host a family game night on Saturday March 18 from 5:00-8:00 pm in the Parish Hall. Parishioners of all ages are invited to share in a night of fellowship and fun. Please bring your favorite game and a covered dish to share. We will also have some games from *A Minute to Win It* for parishioners to enjoy. There is a sign -up sheet in the rear of the church.



Coffee Hour

There will be a coffee hour on March 12 after the service at the rear of the church. Please plan to attend and spend a few minutes before you begin your day connecting with old friends and making some new ones.



Homemade Soup Sale

Saturday, March 11, 2017
10:00 a.m. – sellout
Holy Apostles Episcopal Church
of North Parish
307 E. Hancock Street, St. Clair, PA
\$6.00/quart - \$3.00/pint
Take out only!

THE MUSIC CORNER

by Cora A. Gamelin-Osenbach

“Forty days and forty nights”

As we enter this penitential period of Lent, our choir continues rehearsal in prayer and musical worship as we explore the repertoire of this 40 day journey culminating in the triumph of the Risen Christ on Easter. From the plain chant on Ash Wednesday, to the triumph and tragedy of Palm Sunday to Easter jubilation, we invite you to travel with us each Sunday in worship through music to make your walk with our Lord more meaningful.

CONCERT SERIES

Our third concert of this season will be on Sunday, March 26 at 4 pm. Stephen Williams, the organist at the Cathedral Church of the Nativity in Bethlehem will once again share his extraordinary talent with us. Please see the flyer in this edition of the TOPICS and plan to join us for a mid-Lent celebration of organ music through the centuries.

CALLING ALL ARTISTS

Our concert in March also includes our annual Trinity Art Exhibit. We look forward to viewing your inspirational work in all mediums. The deadline for submitting your work will be Friday, March 17. If you have any questions, please see Cora. We are looking forward to another visual delight as we share fellowship at the concert reception.

We also need our culinary artists to provide the usual sumptuous food at our reception table. There will be a sign up sheet on the bulletin board and in the ambulatory. Thank you in advance for always supplying great food and even greater fellowship.

LENTEN SOUP SUPPERS

Beginning on Wednesday, March 8, we will have Soup, Salad and Bread Suppers during Lent followed by Evening Prayer at 7 in St. Luke’s Chapel. These will continue through April 12. Please join us for fellowship and prayer during this penitential time of Lent. There is a sign up sheet on the bulletin board – besides the supper items, there is an opportunity for our laity to lead Evening Prayer.

Easter Flowers

In Memory of:

In Thanksgiving for:

Given by: _____

Envelope # _____

Please return requests by Sunday, April 2, 2017.

Please Print

Trinity Episcopal Church Concert Series



Sunday March 26, 2017

at 4 pm

Stephen Williams
organist

We welcome Stephen Williams back to our concert series with his “Organ Splendor” concert which will include masterpieces from the 18th, 19th, and 20th centuries featuring music from Italy, Spain, Germany and France.

Mr. Williams is currently Organist and Director of Music Ministries at the Cathedral Church of the Nativity in Bethlehem, PA. He has also graced the organ consoles at several other large churches. He studied at Westminster Choir College in Princeton, NJ, and the Juilliard School among others and was director of chapel music and organ instructor at Muhlenberg College in Allentown, PA.



Come meet the Artist at a post-concert reception being held in conjunction with the Tenth Annual Trinity Artists Exhibit.

No Admission Fee - Free Will Offering Taken

For more information, contact Trinity Episcopal Church
200 S. Second Street, Pottsville, PA 570-622-8720
trinitypottsville@verizon.net trinityepiscopalpottsvillepa.org

Handicapped Accessible

Upcoming Events
MENDELSSOHN PIANO TRIO
Sunday, May 21, 2017 at 4 pm

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<u>1 ASH WEDNESDAY</u> 12Noon Service St. Luke's Chapel 6:30pm Evensong 7:30pm Choir	2 11am Lenten Study Group 6:30pm-7:30pm Zumba	3 7pm Ballroom Dance	4
5 <u>LENT I</u> 9:00am Service 9:00am Church School	6 7:30pm AA	7 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	8 12Noon Healing Service 6:00-7:15pm Yoga 6:15pm Soup Supper 7:00pm Evening Prayer 7:30pm Choir	9 11am Lenten Study Group 6:30pm-7:30pm Zumba	10 7pm Ballroom Dance	11
12 <u>LENT II</u> 9:00am Service 9:00am Church School <u>Monthly Coffee Hour</u> <u>Follows</u>	13 7:30pm AA	14 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	15 12Noon Healing Service 6:00-7:15pm Yoga 6:15pm Soup Supper 7:00pm Evening Prayer 7:30pm Choir	16 11am Lenten Study Group 6:30pm-7:30pm Zumba	17 <u>DEADLINE FOR</u> <u>ART EXHIBIT</u> 7pm Ballroom Dance	18 <u>FAMILY GAME</u> <u>NIGHT</u> 5:00-8:00pm
19 <u>LENT III</u> 9:00am Service 9:00am Church School 10:15am Vestry	20 4:30pm Soup Kitchen 7:30pm AA	21 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	22 12Noon Healing Service 6:00-7:15pm Yoga 6:15pm Soup Supper 7:00pm Evening Prayer 7:30pm Choir	23 11am Lenten Study Group 6:30pm-7:30pm Zumba	24 7pm Ballroom Dance	25
26 <u>LENT IV</u> 9:00am Service 9:00am Church School 4:00pm Concert Series	27 7:30pm AA	28 9-10:15am Yoga 1pm MPTF 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	29 12Noon Healing Service 6:00-7:15pm Yoga 6:15pm Soup Supper 7:00pm Evening Prayer 7:30pm Choir	30 11am Lenten Study Group 6:30pm-7:30pm Zumba	31 7pm Ballroom Dance	

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 <u>LENT V</u> 9:00am Service 9:00am Church School	3 7:30pm AA	4 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	5 12Noon Healing Service 6:00-7:15pm Yoga 6:15pm Soup Supper 7:00pm Evening Prayer 7:30pm Choir	6 11am Lenten Study Group 6:30pm-7:30pm Zumba	7 7pm Ballroom Dance	8
9 <u>PALM SUNDAY</u> 9:00am Service 9:00am Church School	10 7:30pm AA	11 9-10:15am Yoga	12 12Noon Healing Service 6:00-7:15pm Yoga 6:15pm Soup Supper 7:00pm Evening Prayer 7:30pm Choir	13 <u>MAUNDY THURSDAY</u> 7:00pm Service 8-12pm Vigil 11:45pm Compline St. Luke's Chapel	14 <u>GOOD FRIDAY</u> 12Noon Ecumenical Service - United Methodist Church 3pm Stations of the Cross in TEC Sanctuary	15 <u>EASTER VIGIL</u> 6:15pm Easter Egg Hunt 7:00pm Easter Vigil Service
16 <u>EASTER DAY</u> 9:00am Service 9:00am Church School	17 4:30pm Soup Kitchen 7:30pm AA	18 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	19 12Noon Healing Service 6:00-7:15pm Yoga <u>NO CHOIR</u>	20 6:30pm-7:30pm Zumba	21 7pm Ballroom Dance	22
23 <u>2 EASTER</u> 9:00am Service 9:00am Church School 10:15am Vestry	24 7:30pm AA	25 9-10:15am Yoga 5:30pm-6:30pm Zumba 6:45-8:00pm Dance	26 12Noon Healing Service 6:00-7:15pm Yoga 7:00pm Choir	27 6:30pm-7:30pm Zumba	28 7pm Ballroom Dance	29
30 <u>3 EASTER</u> 9:00am Service 9:00am Church School						

NEWS FROM MARION C. PRICE TRUST FUND

March marks National Save Your Vision Month. What measures are you taking to protect your vision?

Good vision is one of the greatest gifts, but it is also taken for granted. While most individuals regularly attend the dentist or annually see a physician, many do not have regular eye checkups.

Regular exams ensure that prescriptions are current and maintained, that no diseases are present and ultimately prevent long-term vision loss.

Other measures you can take:

- Eating a nutrient-rich diet that includes eye-friendly nutrients such as lutein (green leafy vegetables & eggs), Vitamin C (fresh fruits & vegetables), Vitamin E (meat, milk & fruit) and zinc (meat, poultry, mushrooms, garlic & nuts).
- Wear protectant sunglasses that block out 99-100% of both UVA & UVB rays.
- Avoid digital eye strain by taking time away from the screen every twenty minutes.
- Protect your eyes at work with appropriate safety equipment. Side-shield or full-face shield safety glasses can protect your eyes from injury.

What is Occupational Therapy? Occupational therapy allows people across the lifespan to do the activities they want and need to do.

Occupational Therapists work in a variety of settings-including hospitals, schools, clinics, skilled nursing facilities, community centers and health care facilities or they can come to your home.

Have you or your family ever been diagnosed with a new health condition and found yourself asking “now what?” Occupational therapists can help you answer that question. In short, an occupational therapy practitioner can help live life to its fullest no matter your health condition, disability or risk factors.

Imagine if an accident, injury, disease or condition made it difficult for you to participate in everyday activities important to you. Together with your occupational therapist you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals getting back to your life.

With occupational therapy services you can:

- ✓ Maintain or rebuild your independence, such as using assistive devices so you can care for yourself after a stroke.
- ✓ Participate in the everyday activities important to you, such as driving, visiting friends, going to church and other activities that keep you involved with your community.

Sugar - Many people are now trying to minimize their sugar intake, but it's easy to underestimate how much you are actually consuming.

According to the American Heart Association men should not eat any more than 37.5 g or 9 teaspoons of sugar per day and women no more than 25 grams or 6 teaspoons of sugar per day.

When you read the labels on foods in your super market, it's no surprise that you'll find plenty of sugar in products like cake mix, ice cream, jelly, cookies and soda. But it can be shocking to see 12 grams of sugar in bottled pasta sauce or barbeque sauce. But, it's there. In fact, even products marketed as "light" or "low fat" often contain more sugar than the regular versions.

Sugar on food labels may be disguised as sucrose, high fructose corn syrup, fructose, glucose, dextrose, barley malt, maltose or syrup.

Here is a list of foods and drinks that contain more sugar than you would think:

- ❖ Yogurts - Low-fat yogurt has sugar added to enhance the flavor. It's best to choose full-fat, natural or Greek yogurt.
- ❖ BBQ Sauce- 2 tablespoons can contain around 14 grams of sugar.
- ❖ Ketchup - A single tablespoon contains 1 teaspoon of sugar.
- ❖ Fruit juice - There can be as much sugar in fruit juice as in a sugary soda like Coke. It's best to choose whole fruit and minimize your intake of fruit juices.
- ❖ Spaghetti Sauce - Choose one that doesn't have sugar on the ingredient list or where it's listed very close to the bottom.
- ❖ Sports Drinks - Sports drinks are designed to hydrate and fuel trained athletes during prolonged, intense periods of exercise. Water is by far the best choice for most of us.
- ❖ Chocolate Milk - Milk itself is a very nutritious drink, however, an 8-oz.glass of milk comes with an extra 2 teaspoons of added sugar.
- ❖ Granola - Granola is often marketed as a low-fat health food, despite being high in both calories and sugar. The oats in granola have been combined with nuts and honey or other added sweeteners.
- ❖ Flavored Coffees - A large flavored coffee in some coffeehouse chains can contain up to 25 teaspoons of sugar.
- ❖ Protein Bars - While there are some healthier protein bars on the market, many contain around 30 grams of added sugar, making them similar to a candy bar.
- ❖ Pre-made Soup - Soup isn't a food that you usually associate with sugar. Watch for sugar listed high on ingredient list.
- ❖ Cereal Bars - Many contain very little fiber or protein and are loaded with added sugars.
- ❖ Breakfast Cereal - Check the label and try choosing a cereal that is high in fiber and doesn't contain added sugar.

CHARLES BABER PRESERVATION TRUST

Coming Soon: Spring

We have been fortunate to have a relatively mild winter so far with minimum snow and ice. We did have a few days of high winds. The snow and ice laying on the branches of our trees, when coupled with high winds, can be detrimental to our evergreens, particularly the eastern white pines. Every year, including this year, several large branches broke off and fall to the ground. This year, we also had one large limb fall from the London planetree along the Market St. wall. These limbs are so big that they have to be cut before they can be moved or disposed of. And there are plenty of smaller limbs about the property especially from the pin oaks and the London planetrees. Also with the high winds, we have lots of trash blown all over the property. Both the limbs and the trash will have to be cleaned up when Bob and Tom return to work at the cemetery in April.

April is a really busy month for our workers because of the clean up just mentioned and because the equipment has to be service for the upcoming months of lawn mowing, weed whacking, and leaf vacuuming. And the workers try to get the grounds relatively clean and nice looking for our Arbor Day (April 28th) tree planting and tree blessing service. As many of you may remember, Arbor Day is celebrated by buying and planting 10 baby trees. The trees can be sponsored for \$400 and can be given in memory of someone or in thanksgiving for something or someone. The sponsorship fee is then used to remove or prune dead or diseased trees. The average cost of removing a large tree can vary from \$1300 to \$2300 depending on how high and wide the tree is, where it is located, whether memorial markers have to be removed and reset, and whether there is a bees or wasp nest in the tree. Usually 3-4 dead or dying trees have to be removed each year, but the number removed depends on how many trees are sponsored.

Spring is a fun and exhilarating time of year to visit the property because everything is in full growth mode. The columbarium area in front of the chapel is particularly pretty because the red tulips, the yellow daffodils, and the purple azaleas are in bloom there. We have pink and white dogwoods dotting the property and last year on Arbor Day, two Kwanza cherry trees were planted by the pond. The cherry trees, if they blossom this year should have pink blossoms. One other attractive tree/shrub to notice is the magnolia inside and to the immediate left of the front entrance. The outside petals of its flower are dark pink (with a purplish tint) and the inside of the petal is white. Its bud, which can be seen on the tree now, forms in the fall. The sunset red maples that line the road from the chapel to the 16th St. entrance will get tiny red balled up leaves before opening and changing to green. And some of the dwarf red maples and small regular red maples will open with burgundy leaves while others will open with green leaves. And then there will be many, many shades of green as all of the leaves on the rest of the trees develop and unfurl. It is so refreshing to see green growth on the barren trees. Stop by and enjoy.

The newsletter from the Baber Preservation Trust will be sent close to the mailing of the church *Topics*. In the newsletter is more detail about the upcoming Arbor Day celebration; however, to give you a head start on considering sponsoring an Arbor Day tree, the form is printed below. Even if you don't sponsor a tree, come to the 2:00 PM celebration service.

2017 Arbor Day Replacement Trees - \$400 Sponsorship

Name: _____ Phone: _____

Address _____

Given in memory of : _____

Given in thanksgiving for : _____

Trinity Episcopal Church

200 South Second Street
Pottsville, PA 17901
Phone: 570.622.8720
Fax: 570.621.3221
Return Service Requested

**Deadline
For
May/June "Topics"
Wednesday, Apr. 14, 2017**

Non-Profit Org.
U. S. Postage
PAID
Permit No. 305
Pottsville, PA 17901

March Birthdays

4 - David Reed III
7 - Kaitlin Polcrack, Dr. Kurt Kovalovich
12 - Elaine Howe
16 - Tom Curtis, Ruth Bohnenblust
19 - Adam Eckert
21 - Diana Beausang, Robert Hess, Waverly I. Bacon III
23 - Henry Beaver, Jace Oerther
28 - Debbie Boris
29 - George Stone, Jr.
30 - Sky Eckert

April Birthdays

1 - Kristen Jusinski
2 - Sylvia Nabholz
3 - Frank Grabowski
5 - Veronica Rutecky, Joseph Jusinski, Mallory Hopkins
7 - Angelique Bacon Woodward, Melissa Perry
9 - Wesley Bacon, John Thomas Curtis, III,
Dale Bonenberger, Christopher Circelli
11 - Janet Curtis, Gabriel Fitzpatrick
12 - Cora Gamelin-Osenbach, Ronald J. Boris, Jr.
14 - Darlene Bowler, Brenda Lindenmuth, Tracey Eckert
15 - Jerry Simatos, Braeden Jones
16 - Robert Emery
17 - Mikayla Momolu
18 - Angela Brennan, Everly Boyer
19 - Mark Bacon
23 - Richard Brennan
24 - Joan Cake
25 - Randy Stewart
27 - Elena Jolee Holden, Maegan Frederick
28 - Susan Pozza
29 - Holly Portland MacLea